

Dear Families/Caregivers,

Self-control is the ability to regulate one's feelings, thoughts, and behaviors. Studies show self-control is key to living a healthy, productive, and successful life.

We learned that we all get mad or frustrated sometimes. But instead of acting in ways that make ourselves or others feel bad, we learned how to take a deep breath and slow down.

Here are ways to encourage your child to practice self-control strategies:

- When your child expresses frustration or anger, remind him or her to take a slow, deep inhale through his or her nose and a slow exhale through his or her mouth.
- Model deep breathing when you are experiencing anger or frustration as well. Deep breathing can also be used as part of a bedtime routine, or before doing something that requires confidence or bravery.
- Read with your child. When characters experience frustration or anger, talk with your child about what the character could do to solve the problem they are experiencing.

When your child is feeling mad or frustrated, encourage him or her to practice deep breathing and other calming techniques. And remember to practice deep breathing yourself when you're feeling mad or frustrated.